

 100%
HEALTH SCORE

Tuna with Jalapeño Sour Cream



Gluten Free



Very Healthy

READY IN



14 min.

SERVINGS



4

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce tuna steaks ()
- ☐ 1 tablespoon chili powder
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 jalapeno seeded finely chopped
- ☐ 1 tablespoon juice of lime fresh ()
- ☐ 0.5 cup cup heavy whipping cream sour reduced-fat
- ☐ 0.3 teaspoon salt

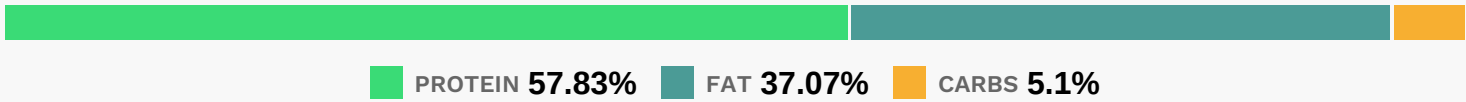
Equipment

☐ frying pan

Directions

- ☐ Combine first 5 ingredients; set aside.
- ☐ Combine chili powder and 1/4 teaspoon salt. Rub tuna with chili powder mixture; coat with cooking spray.
- ☐ Place a large nonstick skillet over medium-high heat until hot; add tuna. Cook 3 minutes on each side or until desired degree of doneness.
- ☐ Serve with sour cream mixture.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.04, Inflammation Score:-10, Nutrition Score:30.357390953147%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 291.86kcal (14.59%), Fat: 11.69g (17.98%), Saturated Fat: 4.09g (25.55%), Carbohydrates: 3.62g (1.21%), Net Carbohydrates: 2.78g (1.01%), Sugar: 0.42g (0.47%), Cholesterol: 74.7mg (24.9%), Sodium: 268.98mg (11.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.03g (82.06%), Vitamin B12: 16.16µg (269.35%), Selenium: 63.41µg (90.59%), Vitamin A: 4507.61IU (90.15%), Vitamin B3: 15.03mg (75.17%), Vitamin D: 9.75µg (65.02%), Phosphorus: 460.37mg (46.04%), Vitamin B6: 0.84mg (41.96%), Vitamin B1: 0.43mg (28.63%), Vitamin B2: 0.48mg (28.52%), Magnesium: 91.99mg (23%), Vitamin B5: 1.83mg (18.32%), Vitamin E: 2.71mg (18.06%), Potassium: 546.9mg (15.63%), Iron: 2.13mg (11.85%), Copper: 0.18mg (8.79%), Zinc: 1.26mg (8.42%), Vitamin C: 5.82mg (7.05%), Calcium: 62.45mg (6.25%), Vitamin K: 6.03µg (5.74%), Manganese: 0.07mg (3.41%), Fiber: 0.84g (3.35%), Folate: 9.06µg (2.27%)